



### You're invited to join the President's Challenge!

The City of Kennesaw Parks & Recreation Department has started a group to take the President's Active Lifestyle Award (PALA) Challenge together, and you're invited to be part of it.

#### What is it?

The President's Challenge is a program designed to help improve physical activity and fitness levels across America. The challenge is for anyone, from kids to seniors, but it's geared toward those who want to set themselves on the path to fitness success. Below are the program goals.

#### Adults (18 years+)

need to be active 30 minutes a day, 5 days a week, for 6 out of 8 weeks.

#### Children (ages 6-17)

need to be active 60 minutes a day, 5 days a week, for 6 out of 8 weeks.

#### Did someone say award?



It's easy to earn the Presidential Active Lifestyle Award. All it takes is a nearly daily commitment to physical activity for 6 out of 8 weeks. Stick with the challenge and you can earn an award in less than two months. Participants are encouraged to complete the challenge by September 5, 2011 (Labor Day).



#### How do I get started?

1. [Click here to register](#) . Registration is quick and participation is FREE. You can join or

leave the challenge at any time.

2. Complete the registration form. Be sure to include the following information:

**Group ID Number:**

**Group Member ID/Name** 95996

**Kennesaw Parks & Recreation**

3. Start logging your activities. As you log activities, you'll be able to track your progress toward winning a President's Challenge Award or Medal. Good luck!

For more information about the President's Challenge, visit [www.presidentschallenge.org](http://www.presidentschallenge.org) .

**Additional resources:**

{phocadownload view=file|id=547|text=Stay Active and Be Fit! A Guide to Fitness and Activity Fundamentals for Adults|target=b}

{phocadownload view=file|id=548|text=Get Fit and Be Active! Handbook for Kids & Teens|target=b}